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ABSTRACT

Designed to meet the job-related metric measurement needs of food preparation, baking, meat cutting students, this instructional package is one of five for the home economics occupations cluster, part of a set of 55 packages for metric instruction in different occupations. The package is intended for students who already know the occupational terminology, measurement terms, and tools currently in use. Each of the five units in this instructional package contains performance objectives, learning activities, and supporting information in the form of text, exercises, and tables. In addition, suggested teaching techniques are included. At the back of the package are objective-based evaluation items, a page of answers to the exercises and tests, a list of metric materials needed for the activities, references, and a list of suppliers. The material is designed to accommodate a variety of individual teaching and learning styles, e.g., independent study, small group, or whole-class activity. Exercises are intended to facilitate experiences with measurement instruments, tools, and devices used in this occupation and job-related tasks of estimating and measuring. Unit I, a general introduction to the metric system of measurement, provides informal, hands-on experiences for the students. This unit enables students to become familiar with the basic metric units, their symbols, and measurement instruments; and to develop a set of mental references for metric values. The metric system of notation also is explained. Unit 2 provides the metric terms which are used in this occupation and gives experience with occupational measurement tasks. Unit 3 focuses on job-related metric equivalents and their relationships. Unit 4 provides experience with recognizing and using metric instruments and tools in occupational measurement tasks. It also provides experience in comparing metric and customary measurement instruments. Unit 5 is designed to give students practice in converting customary and metric measurements, a skill considered useful during the transition to metric in each occupation. (HD)

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TEACHING AND LEARNING THE METRIC SYSTEM

This metric instructional package was designed to meet job-related metric measurement needs of students. To use this package students should already know the occupational terminology, measurement terms, and tools currently in use. These materials were prepared with the help of experienced vocational teachers, reviewed by experts, tested in classrooms in different parts of the United States, and revised before distribution.

Each of the five units of instruction contains performance objectives, learning activities, and supporting information in the form of text, exercises, and tables. In addition, suggested teaching techniques are included. At the back of this package are objective-based evaluation items, a page of answers to the exercises and tests, a list of metric materials needed for the activities, references, and a list of suppliers.

Classroom experiences with this instructional package suggest the following teaching-learning strategies:

1. Let the first experiences be informal to make learning the metric system fun.
2. Students learn better when metric units are compared to familiar objects. Everyone should learn to "think metric." Comparing metric units to customary units can be confusing.
3. Students will learn quickly to estimate and measure in metric units by "doing."
4. Students should have experience with measuring activities before getting too much information.
5. Move through the units in an order which emphasizes the simplicity of the metric system (e.g., length to area to volume).
6. Teach one concept at a time to avoid overwhelming students with too much material.

Unit 1 is a general introduction to the metric system of measurement which provides informal, hands-on experiences for the students. This unit enables students to become familiar with the basic metric units, their symbols, and measurement instruments; and to develop a set of mental references for metric values. The metric system of notation also is explained.

Unit 2 provides the metric terms which are used in this occupation and gives experience with occupational measurement tasks.

Unit 3 focuses on job-related metric equivalents and their relationships.

Unit 4 provides experience with recognizing and using metric instruments and tools in occupational measurement tasks. It also provides experience in comparing metric and customary measurement instruments.

Unit 5 is designed to give students practice in converting customary and metric measurements. Students should learn to "think metric" and avoid comparing customary and metric units. However, skill with conversion tables will be useful during the transition to metric in each occupation.

Using These Instructional Materials

This package was designed to help students learn a core of knowledge about the metric system which they will use on the job. The exercises facilitate experiences with measurement instruments, tools, and devices used in this occupation and job-related tasks of estimating and measuring.

This instructional package also was designed to accommodate a variety of individual teaching and learning styles. Teachers are encouraged to adapt these materials to their own classes. For example, the information sheets may be given to students for self-study. References may be used as supplemental resources. Exercises may be used in independent study, small groups, or whole-class activities. All of the materials can be expanded by the teacher.

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Editors

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UNIT 1

SUGGESTED TEACHING SEQUENCE

1. These introductory exercises may require two or three teaching periods for all five areas of measurement.
2. Exercises should be followed in the order given to best show the relationship between length, area, and volume.
3. Assemble the metric measuring devices (rules, tapes, scales, thermometers, and measuring containers) and objects to be measured.*
4. Set up the equipment at work stations for use by the whole class or as individualized resource activities.
5. Have the students estimate, measure, and record using Exercises 1 through 5.
6. Present information on notation and make Table 1 available.
7. Follow up with group discussion of activities.

*Other school departments may have devices which can be used. Metric suppliers are listed in the reference section.

OBJECTIVES

The student will demonstrate these skills for the Linear, Area, Volume or Capacity, Mass, and Temperature Exercises, using the metric terms and measurement devices listed here.

SKILLS	EXERCISES				
	Linear (pp. 3 - 4)	Area (pp. 5 - 6)	Volume or Capacity (pp. 7 - 8)	Mass (pp. 9 - 10)	Temperature (p. 11)
1. Recognize and use the unit and its symbol for: 2. Select, use, and read the appropriate measuring instruments for: 3. State or show a physical reference for:	millimetre (mm) centimetre (cm) metre (m)	square centimetre (cm^2) square metre (m^2)	cubic centimetre (cm^3) cubic metre (m^3) litre (l) millilitre (ml)	gram (g) kilogram (kg)	degree Celsius (°C)
4. Estimate within 25% of the actual measure	height, width, or length of objects	the area of a given surface	capacity of containers	the mass of objects in grams and kilograms	the temperature of the air or a liquid
5. Read correctly	metre stick, metric tape measure, and metric rulers		measurements on graduated volume measuring devices	a kilogram scale and a gram scale	A Celsius thermometer

RULES OF NOTATION

1. Symbols are not capitalized unless the unit is a proper name (mm *not* MM).
2. Symbols are not followed by periods (m *not* m.).
3. Symbols are not followed by an *s* for plurals (25 g *not* 25 gs).
4. A space separates the numerals from the unit symbols (4 l *not* 4l).
5. Spaces, not commas, are used to separate large numbers into groups of three digits (45 271 km *not* 45,271 km).
6. A zero precedes the decimal point if the number is less than one (0.52 g *not* .52 g).
7. Litre and metre can be spelled either with an -re or -er ending.

METRIC UNITS, SYMBOLS, AND REFERENTS

Quantity	Metric Unit	Symbol	Useful Referents
Length	millimetre	mm	Thickness of dime or paper clip wire
	centimetre	cm	Width of paper clip
	metre	m	Height of door about 2 m
	kilometre	km	12-minute walking distance
Area	square centimetre	cm^2	Area of this space
	square metre	m^2	Area of card table top
	hectare	ha	Football field including sidelines and end zones
Volume and Capacity	millilitre	ml	Teaspoon is 5 ml
	litre	l	A little more than 1 quart
	cubic centimetre	cm^3	Volume of this container
	cubic metre	m^3	A little more than a cubic yard
Mass	milligram	mg	Apple seed about 10 mg, grain of salt, 1 mg
	gram	g	Nickel about 5 g
	kilogram	kg	Webster's Collegiate Dictionary
	metric ton (1 000 kilograms)	t	Volkswagen Beetle

Table 1–a

METRIC PREFIXES

Multiples and Submultiples	Prefixes	Symbols
$1\ 000\ 000 = 10^6$	mega (mĕg′ə)	M
$1\ 000 = 10^3$	kilo (kĭl′ō)	k
$100 = 10^2$	hecto (hĕk′tō)	h
$10 = 10^1$	deka (dĕk′ə)	da
Base Unit $1 = 10^0$		
$0.1 = 10^{-1}$	deci (dĕs′ĭ)	d
$0.01 = 10^{-2}$	centi (sĕn′tĭ)	c
$0.001 = 10^{-3}$	milli (mĭl′ĭ)	m
$0.000\ 001 = 10^{-6}$	micro (mī′krō)	μ

Table 1–b

LINEAR MEASUREMENT ACTIVITIES

Metre, Centimetre, Millimetre

I. THE METRE (m)

A. DEVELOP A FEELING FOR THE SIZE OF A METRE

1. Pick up one of the metre sticks and stand it up on the floor. Hold it in place with one hand. Walk around the stick. Now stand next to the stick. With your other hand, touch yourself where the top of the metre stick comes on you.

THAT IS HOW HIGH A METRE IS!

2. Hold one arm out straight at shoulder height. Put the metre stick along this arm until the end hits the end of your fingers. Where is the other end of the metre stick? Touch yourself at that end.

THAT IS HOW LONG A METRE IS!

3. Choose a partner to stand at your side. Move apart so that you can put one end of a metre stick on your partner's shoulder and the other end on your shoulder. Look at the space between you.

THAT IS THE WIDTH OF A METRE!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN METRES

Now you will improve your ability to estimate in metres. Remember where the length and height of a metre was on your body.

For each of the following items:

Estimate the size of the items and write your estimate in the ESTIMATE column. Measure the size with your metre stick and write the answer in the MEASUREMENT column.

Decide how close your estimate was to the actual measure. If your estimate was within 25% of the actual measure you are a "Metric Marvel."

		Estimate (m)	Measurement (m)	How Close Were You?
1.	Height of door knob from floor.	_____	_____	_____
2.	Height of door.	_____	_____	_____
3.	Length of table.	_____	_____	_____
4.	Width of table.	_____	_____	_____
5.	Length of wall of this room.	_____	_____	_____
6.	Distance from you to wall.	_____	_____	_____

Exercise 1

(continued on next page)

II. THE CENTIMETRE (cm)

There are 100 centimetres in one metre. If there are 4 metres and 3 centimetres, you write 403 cm [(4 x 100 cm) + 3 cm = 400 cm + 3 cm].

A. DEVELOP A FEELING FOR THE SIZE OF A CENTIMETRE

1. Hold the metric ruler against the width of your thumbnail. How wide is it? _____ cm
2. Measure your thumb from the first joint to the end. _____ cm
3. Use the metric ruler to find the width of your palm. _____ cm
4. Measure your index or pointing finger. How long is it? _____ cm
5. Measure your wrist with a tape measure. What is the distance around it? _____ cm
6. Use the tape measure to find your waist size. _____ cm

B. DEVELOP YOUR ABILITY TO ESTIMATE IN CENTIMETRES

You are now ready to estimate in centimetres. For each of the following items, follow the procedures used for estimating in metres.

	Estimate (cm)	Measurement (cm)	How Close Were You?
1. Length of a paper clip.	_____	_____	_____
2. Diameter (width) of a coin.	_____	_____	_____
3. Width of a postage stamp.	_____	_____	_____
4. Length of a pencil.	_____	_____	_____
5. Width of a sheet of paper.	_____	_____	_____

III. THE MILLIMETRE (mm)

There are 10 millimetres in one centimetre. When a measurement is 2 centimetres and 5 millimetres, you write 25 mm [(2 x 10 mm) + 5 mm = 20 mm + 5 mm]. There are 1 000 mm in 1 m.

A. DEVELOP A FEELING FOR THE SIZE OF A MILLIMETRE

Using a ruler marked in millimetres, measure:

1. Thickness of a paper clip wire. _____ mm
2. Thickness of your fingernail. _____ mm
3. Width of your fingernail. _____ mm
4. Diameter (width)of a coin. _____ mm
5. Diameter (thickness) of your pencil. _____ mm
6. Width of a postage stamp. _____ mm

B. DEVELOP YOUR ABILITY TO ESTIMATE IN MILLIMETRES

You are now ready to estimate in millimetres. For each of the following items, follow the procedures used for estimating in metres.

	Estimate (mm)	Measurement (mm)	How Close Were You?
1. Thickness of a nickel.	_____	_____	_____
2. Diameter (thickness) of a bolt.	_____	_____	_____
3. Length of a bolt.	_____	_____	_____
4. Width of a sheet of paper.	_____	_____	_____
5. Thickness of a board or desk top.	_____	_____	_____
6. Thickness of a button.	_____	_____	_____

AREA MEASUREMENT ACTIVITIES

Square Centimetre, Square Metre

WHEN YOU DESCRIBE THE AREA OF SOMETHING, YOU ARE SAYING HOW MANY SQUARES OF A GIVEN SIZE IT TAKES TO COVER THE SURFACE.

I. THE SQUARE CENTIMETRE (cm^2)

A. DEVELOP A FEELING FOR A SQUARE CENTIMETRE

1. Take a clear plastic grid, or use the grid on page 6.
2. Measure the length and width of one of these small squares with a centimetre ruler.

   THAT IS ONE SQUARE CENTIMETRE!

3. Place your fingernail over the grid. About how many squares does it take to cover your fingernail? _____cm^2
4. Place a coin over the grid. About how many squares does it take to cover the coin? _____cm^2
5. Place a postage stamp over the grid. About how many squares does it take to cover the postage stamp? _____cm^2
6. Place an envelope over the grid. About how many squares does it take to cover the envelope? _____cm^2
7. Measure the length and width of the envelope in centimetres. Length _____ cm; width _____ cm. Multiply to find the area in square centimetres. _____cm x _____cm = _____ cm^2. How close are the answers you have in 6. and in 7.?

B. DEVELOP YOUR ABILITY TO ESTIMATE IN SQUARE CENTIMETRES

You are now ready to develop your ability to estimate in square centimetres.

Remember the size of a square centimetre. For each of the following items, follow the procedures used for estimating in metres.

		Estimate (cm^2)	Measurement (cm^2)	How Close Were You?
1.	Index card.	_____	_____	_____
2.	Book cover.	_____	_____	_____
3.	Photograph.	_____	_____	_____
4.	Window pane or desk top.	_____	_____	_____

II. THE SQUARE METRE (m^2)

A. DEVELOP A FEELING FOR A SQUARE METRE

1. Tape four metre sticks together to make a square which is one metre long and one metre wide.
2. Hold the square up with one side on the floor to see how big it is.
3. Place the square on the floor in a corner. Step back and look. See how much floor space it covers.
4. Place the square over a table top or desk to see how much space it covers.
5. Place the square against the bottom of a door. See how much of the door it covers. How many squares would it take to cover the door? _____m^2

   THIS IS HOW BIG A SQUARE METRE IS!

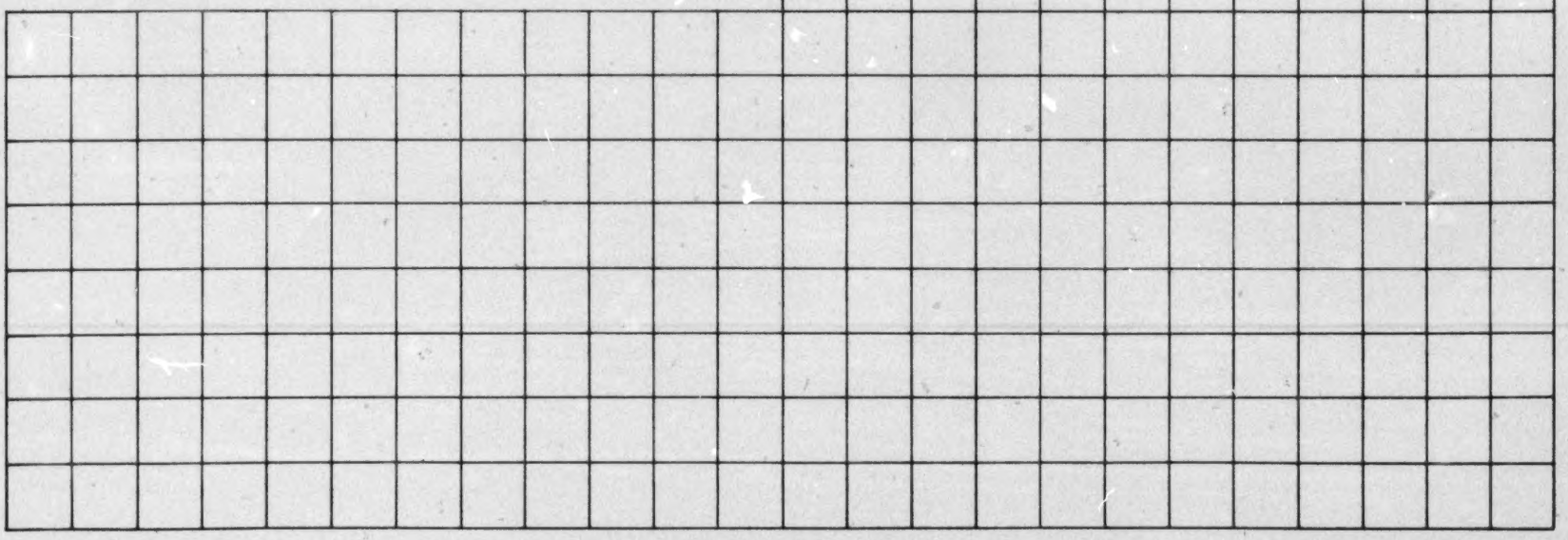
Exercise 2
(continued on next page)

B. DEVELOP YOUR ABILITY TO ESTIMATE IN SQUARE METRES

You are now ready to estimate in square metres. Follow the procedures used for estimating in metres.

		Estimate (m^2)	Measurement (m^2)	How Close Were You?
1.	Door.	_____	_____	_____
2.	Full sheet of newspaper.	_____	_____	_____
3.	Chalkboard or bulletin board.	_____	_____	_____
4.	Floor.	_____	_____	_____
5.	Wall.	_____	_____	_____
6.	Wall chart or poster.	_____	_____	_____
7.	Side of file cabinet.	_____	_____	_____

CENTIMETRE GRID



VOLUME MEASUREMENT ACTIVITIES

Cubic Centimetre, Litre, Millilitre, Cubic Metre

I. THE CUBIC CENTIMETRE (cm^3)

A. DEVELOP A FEELING FOR THE CUBIC CENTIMETRE

1. Pick up a colored plastic cube. Measure its length, height, and width in centimetres.

   THAT IS ONE CUBIC CENTIMETRE!

2. Find the volume of a plastic litre box.

   a. Place a ROW of cubes against the bottom of one side of the box. How many cubes fit in the row?_____

   b. Place another ROW of cubes against an adjoining side of the box. How many rows fit inside the box to make one layer of cubes?_____

   How many cubes in each row?_____

   How many cubes in the layer in the bottom of the box?_____

   c. Stand a ROW of cubes up against the side of the box. How many LAYERS would fit in the box?_____

   How many cubes in each layer?_____

   How many cubes fit in the box altogether?_____

   THE VOLUME OF THE BOX IS_____CUBIC CENTIMETRES.

   d. Measure the length, width, and height of the box in centimetres. Length_____cm; width_____cm; height_____cm. Multiply these numbers to find the volume in cubic centimetres.

   _____cm x _____cm x _____cm = _____cm^3.
   Are the answers the same in c. and d.?

B. DEVELOP YOUR ABILITY TO ESTIMATE IN CUBIC CENTIMETRES

You are now ready to develop your ability to estimate in cubic centimetres.

Remember the size of a cubic centimetre. For each of the following items, use the procedures for estimating in metres.

		Estimate (cm^3)	Measurement (cm^3)	How Close Were You?
1.	Index card file box.	_____	_____	_____
2.	Freezer container.	_____	_____	_____
3.	Paper clip box.	_____	_____	_____
4.	Box of staples.	_____	_____	_____

II. THE LITRE (l)

A. DEVELOP A FEELING FOR A LITRE

1. Take a one litre beaker and fill it with water.
2. Pour the water into paper cups, filling each as full as you usually do. How many cups do you fill?

   THAT IS HOW MUCH IS IN ONE LITRE!

3. Fill the litre container with rice.

   THAT IS HOW MUCH IT TAKES TO FILL A ONE LITRE CONTAINER!

Exercise 3
(continued on next page)

B. DEVELOP YOUR ABILITY TO ESTIMATE IN LITRES

You are now ready to develop your ability to estimate in litres. To write two and one-half litres, you write 2.5 l, or 2.5 litres. To write one-half litre, you write 0.5 l, or 0.5 litre. To write two and three-fourths litres, you write 2.75 l, or 2.75 litres.

For each of the following items, use the procedures for estimating in metres.

		Estimate (l)	Measurement (l)	How Close Were You?
1.	Medium-size freezer container.	_____	_____	_____
2.	Large freezer container.	_____	_____	_____
3.	Small freezer container.	_____	_____	_____
4.	Bottle or jug.	_____	_____	_____

III. THE MILLILITRE (ml)

There are 1 000 millilitres in one litre. 1 000 ml = 1 litre. Half a litre is 500 millilitres, or 0.5 litre = 500 ml.

A. DEVELOP A FEELING FOR A MILLILITRE

1. Examine a centimetre cube. Anything which holds 1 cm^3 holds 1 ml.
2. Fill a 1 millilitre measuring spoon with rice. Empty the spoon into your hand. Carefully pour the rice into a small pile on a sheet of paper.

   THAT IS HOW MUCH ONE MILLILITRE IS!
3. Fill the 5 ml spoon with rice. Pour the rice into another pile on the sheet of paper.

   THAT IS 5 MILLILITRES, OR ONE TEASPOON!
4. Fill the 15 ml spoon with rice. Pour the rice into a third pile on the paper.

   THAT IS 15 MILLILITRES, OR ONE TABLESPOON!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN MILLILITRES

You are now ready to estimate in millilitres. Follow the procedures used for estimating metres.

		Estimate (ml)	Measurement (ml)	How Close Were You?
1.	Small juice can.	_____	_____	_____
2.	Paper cup or tea cup.	_____	_____	_____
3.	Soft drink can.	_____	_____	_____
4.	Bottle.	_____	_____	_____

IV. THE CUBIC METRE (m^3)

A. DEVELOP A FEELING FOR A CUBIC METRE

1. Place a one metre square on the floor next to the wall.
2. Measure a metre UP the wall.
3. Picture a box that would fit into that space.

   THAT IS THE VOLUME OF ONE CUBIC METRE!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN CUBIC METRES

For each of the following items, follow the estimating procedures used before.

		Estimate (m^3)	Measurement (m^3)	How Close Were You?
1.	Office desk.	_____	_____	_____
2.	File cabinet.	_____	_____	_____
3.	Small room.	_____	_____	_____

MASS (WEIGHT) MEASUREMENT ACTIVITIES

Kilogram, Gram

The mass of an object is a measure of the amount of matter in the object. This amount is always the same unless you add or subtract some matter from the object. Weight is the term that most people use when they mean mass. The weight of an object is affected by gravity; the mass of an object is not. For example, the weight of a person on earth might be 120 pounds; that same person's weight on the moon would be 20 pounds. This difference is because the pull of gravity on the moon is less than the pull of gravity on earth. A person's mass on the earth and on the moon would be the same. The metric system does not measure weight--it measures mass. We will use the term mass here.

The symbol for gram is g.

The symbol for kilogram is kg.

There are 1 000 grams in one kilogram, or 1 000 g = 1 kg.

Half a kilogram can be written as 500 g,or 0.5 kg.

A quarter of a kilogram can be written as 250 g,or 0.25 kg.

Two and three-fourths kilograms is written as 2.75 kg.

I. THE KILOGRAM (kg)

DEVELOP A FEELING FOR THE MASS OF A KILOGRAM

Using a balance or scale, find the mass of the items on the table. Before you find the mass, notice how heavy the object "feels" and compare it to the reading on the scale or balance.

		Mass (kg)
1.	1 kilogram box.	_____
2.	Textbook.	_____
3.	Bag of sugar.	_____
4.	Package of paper.	_____
5.	Your own mass.	_____

B. DEVELOP YOUR ABILITY TO ESTIMATE IN KILOGRAMS

For the following items ESTIMATE the mass of the object in kilograms, then use the scale or balance to find the exact mass of the object. Write the exact mass in the MEASUREMENT column. Determine how close your estimate is:

		Estimate (kg)	Measurement (kg)	How Close Were You?
1.	Bag of rice.	_____	_____	_____
2.	Bag of nails.	_____	_____	_____
3.	Large purse or briefcase.	_____	_____	_____
4.	Another person.	_____	_____	_____
5.	A few books.	_____	_____	_____

Exercise 4
(continued on next page)

II. THE GRAM (g)

A. DEVELOP A FEELING FOR A GRAM

1. Take a colored plastic cube. Hold it in your hand. Shake the cube in your palm as if shaking dice. Feel the pressure on your hand when the cube is in motion, then when it is not in motion.

   THAT IS HOW HEAVY A GRAM IS!

2. Take a second cube and attach it to the first. Shake the cubes in first one hand and then the other hand; rest the cubes near the tips of your fingers, moving your hand up and down.

   THAT IS THE MASS OF TWO GRAMS!

3. Take five cubes in one hand and shake them around.

   THAT IS THE MASS OF FIVE GRAMS!

B. DEVELOP YOUR ABILITY TO ESTIMATE IN GRAMS

You are now ready to improve your ability to estimate in grams. Remember how heavy the 1 gram cube is, how heavy the two gram cubes are, and how heavy the five gram cubes are. For each of the following items, follow the procedures used for estimating in kilograms.

		Estimate (g)	Measurement (g)	How Close Were You?
1.	Two thumbtacks.	_____	_____	_____
2.	Pencil.	_____	_____	_____
3.	Two-page letter and envelope.	_____	_____	_____
4.	Nickel.	_____	_____	_____
5.	Apple.	_____	_____	_____
6.	Package of margarine.	_____	_____	_____

TEMPERATURE MEASUREMENT ACTIVITIES

Degree Celsius

I. DEGREE CELSIUS (°C)

Degree Celsius (°C) is the metric measure for temperature.

A. DEVELOP A FEELING FOR DEGREE CELSIUS

Take a Celsius thermometer. Look at the marks on it.

1. Find 0 degrees.

   WATER FREEZES AT ZERO DEGREES CELSIUS (0°C)

   WATER BOILS AT 100 DEGREES CELSIUS (100°C)

2. Find the temperature of the room. _____ °C. Is the room cool, warm, or about right?

3. Put some hot water from the faucet into a container. Find the temperature. _____ °C. Dip your finger quickly in and out of the water. Is the water very hot, hot, or just warm?

4. Put some cold water in a container with a thermometer. Find the temperature. _____ °C. Dip your finger into the water. Is it cool, cold, or very cold?

5. Bend your arm with the inside of your elbow around the bottom of the thermometer. After about three minutes find the temperature. _____ °C. Your skin temperature is not as high as your body temperature.

   NORMAL BODY TEMPERATURE IS 37 DEGREES CELSIUS (37°C).

   A FEVER IS 39°C.

   A VERY HIGH FEVER IS 40°C.

B. DEVELOP YOUR ABILITY TO ESTIMATE IN DEGREES CELSIUS

For each item, ESTIMATE and write down how many degrees Celsius you think it is. Then measure and write the MEASUREMENT. See how close your estimates and actual measurements are.

		Estimate (°C)	Measurement (°C)	How Close Were You?
1.	Mix some hot and cold water in a container. Dip your finger into the water.	_____	_____	_____
2.	Pour out some of the water. Add some hot water. Dip your finger quickly into the water.	_____	_____	_____
3.	Outdoor temperature.	_____	_____	_____
4.	Sunny window sill.	_____	_____	_____
5.	Mix of ice and water.	_____	_____	_____
6.	Temperature at floor.	_____	_____	_____
7.	Temperature at ceiling.	_____	_____	_____

UNIT 2

OBJECTIVES

The student will recognize and use the metric terms, units, and symbols used in this occupation.

- Given a metric unit, state its use in this occupation.
- Given a measurement task in this occupation, select the appropriate metric unit and measurement tool.

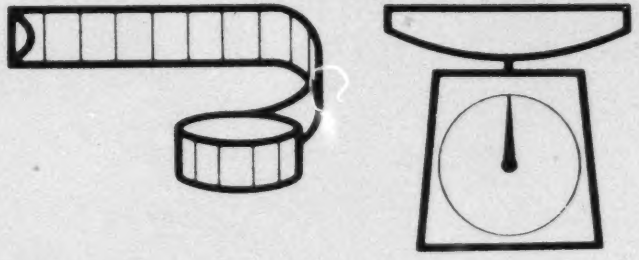
SUGGESTED TEACHING SEQUENCE

1. Assemble metric measurement tools (rules, tapes, scales, thermometers, etc.) and objects related to this occupation.
2. Discuss with students how to read the tools.
3. Present and have students discuss Information Sheet 2 and Table 2.
4. Have students learn occupationally-related metric measurements by completing Exercises 6 and 7.
5. Test performance by using Section A of "Testing Metric Abilities."

METRICS IN THIS OCCUPATION

Changeover to the metric system is under way. Large corporations are already using metric measurement to compete in the world market. The metric system has been used in various parts of industrial and scientific communities for years. Legislation, passed in 1975, authorizes an orderly transition to use of the metric system. As businesses and industries make this metric changeover, employees will need to use metric measurement in job-related tasks.

Table 2 lists those metric terms which are most commonly used in this occupation. These terms are replacing the measurement units used currently. What kinds of job-related tasks use measurement? Think of the many different kinds of measurements you now make and use Table 2 to discuss the metric terms which replace them. See if you can add to the list of uses beside each metric term.



METRIC UNITS FOR COOKING, BAKING, MEAT CUTTING

Quantity	Unit	Symbol	Use
Length	millimetre	mm	Thickness of sliced meat or bacon; thickness of dough.
	centimetre	cm	Thickness of meat cuts; diameter of casings; dimensions of pans, work surfaces, smoke house, equipment, refrigeration and dry storage areas; proof box; portion size; thickness of fat covering; clothing size; diameter of cookies; forming and shaping dough; utensil size.
	metre	m	Dimensions of work surfaces, smoke house, storage areas, kitchen; rolls of wrapping paper.
Area	square centimetre	cm^2	Work surfaces, refrigerated and dry storage areas; paper products, storage racks.
	square metre	m^2	
Volume/Capacity	millilitre	ml	Measuring liquid ingredients, cleaners, sanitizers, oils; scoop size, frozen or canned fruit tins, storage containers, preparation bowls; fresh, frozen, canned, dehydrated foods.
	litre	l	Measuring liquid ingredients, cleaners, and sanitizers, sizes of frozen or canned fruit containers, refrigeration or dry storage containers, preparation bowls, refrigerator and freezer sizes.*
	cubic metre	m^3	Storage space.
Mass	gram	g	Measuring, ordering, and receiving dry ingredients, meat, and cans or containers of fruit; product size (e.g., loaf of bread, cookie), finding mass of liquid ingredients; portion size (e.g., mass of pork chops, vegetables, roast).
Mass (continued)	kilogram	kg	Measuring, ordering, and receiving dry ingredients, meat, and cans or containers of fruit; product size (e.g., pork loin), quantity purchases (flour, sugar, curing ingredients, meat carcasses).
	metric ton	t	Ordering and receiving supplies, quantity purchases (flour, sugar, meat, potatoes).
Temperature	degree Celsius	°C	Smoke house, dry storage, refrigeration and freezing, cleaning and sanitizing temperatures, hot holding, dough proofing, equipment operating temperatures (e.g., oven, fryer, grill).
Pressure	kilopascals	kPa	Air and steam pressure.
Dilutions	millilitres per litre	ml/l	Cleaners, sanitizers, curing solutions, fruit juice, pesticides.
	grams per litre	g/l	Adding dry ingredients to liquids (cleaners or beverages).
Food energy	kilojoule	kJ	Measuring or stating the energy value of foods, energy requirements of people, energy content of diets. (100-calorie apple, about 400 kJ)
	megajoule	MJ	Calculating or reporting total daily, weekly, or annual intake.
	kilojoules per gram	kJ/g	Calculating sizes of portions and servings, counting food energy value intake, planning menus, making purchasing decision.
	kilojoules per kilogram	kJ/kg	
	kilojoules per day	kJd	Energy content of diet or energy requirements. (2000 calorie diet, about 8000 kJ/d)
	Megajoules per day	Mj/d	

*** A final decision has not been made by U.S. appliance manufacturers for refrigerator and freezer sizes. Capacity could be given in cubic metres or litres. Obtain current information from Association of Home Appliance Manufacturers.**

Table 2

TRYING OUT METRIC UNITS

To give you practice with metric units, first estimate the measurements of the items below. Write down your best guess next to the item. Then actually measure the item and write down your answers using the correct metric symbols. The more you practice, the easier it will be.

	Estimate	Actual
Length		
1. Dimensions of work area		
2. Length of walk-in freezer		
3. Length of steam table		
4. Dimensions of roasting pan		
5. Diameter of hamburger bun		
6. Length of whip		
7. Broiler door height		
8. Diameter of pizza tray		
9. Tray width		
10. Diameter of luncheon meat		
11. Length of knife		
12. Door height		
13. Dimensions of work area		
14. Thickness of your finger		
15. Width of a saw blade		
16. Working stance width		
17. Baking pan height		
18. Diameter of cookie		
19. Length of knife		
20 Oven door height		
21. Diameter of pie tin		
22. Length of whip		
23. Arm reach		
Area		
24. Work table		
25. Kitchen floor		
26. Steam table pan		
27. Grill		
28. Cutting board		
29. Pre-cut wrapping paper		
30. Sheet pan		
31. Waxed paper for one sandwich		
Volume/Capacity		
32. Sauce pan		
33. Loaf pan		
34. No. 8 scoop		
35. Fruit tin		
36. Storage container		

	Estimate	Actual
37. Bucket		
38. Small box or package		
39. Mixing bowl		
40. Cardboard box		
41. Jar		
42. Serving ladle		
Mass		
43. Empty measuring cup		
44. Full measuring cup		
45. Box of ingredients		
46. Teaspoon of sugar		
47. Teaspoon of nonfat milk		
48. Scoop of salt		
49. Empty casserole		
50. Casserole full of water		
51. Teaspoon of flour		
52. Scoop of sugar		
53. Serving of pastry		
54. Meat or vegetable portion		
55. Bread or pastry portion		
56. Slice of cheese		

	Estimate	Actual
57. Cup of flour		
58. Ten servings of uncooked spaghetti		
59. Two servings of meat		
60. Bag of sugar		
Temperature		
61. Ice water		
62. Work area		
63. Proofing area		
64. Refrigerator		
65. Hot oven		
66. Display case		
67. Dry storage		
68. Freezer		
69. Dishwater temperature		

COOKING WITH METRICS

It is important to know what metric measurement to use. Show what measurement to use in the following situations.

1. Dimensions of pan:	
a. Length	
b. Width	
c. Depth	
2. Thickness of meat	
3. Reconstitute dry milk	
4. Mass of one portion of baked main entree	
5. Your uniform size:	
a. Chest - bust	
b. Waist	
c. Trouser - skirt length	
6. Area of storage space	
7. Area of broiler grid	
8. Capacity of stock pot	
9. Capacity of mixing bowl	
10. Capacity of individual casserole	
11. Capacity of spoon or ladle	
12. Capacity of french fryer	
13. Capacity of vegetable can	
14. Mass of potatoes	
15. Mass of a cut of meat	
16. Energy value of one serving of roast beef	
17. Temperature of oven	
18. Temperature of frying oil	
19. Temperature of freezer	
20. Temperature for hot holding foods	
21. Energy requirement per day of an adult male	
22. Mass of additives	
23. Prepare sanitizing solution with powdered cleaner	
24. Diameter of a bun	
25. Area of wrapping paper	
26. Capacity of sauce pan	
27. Mass of full can of fruit	
28. Temperature of proofing area	
29. Capacity of pastry bag	
30. Temperature of meat cutting area	
31. Length of "tail" on steak	
32. Energy value of one serving of vegetables	
33. Diluting concentrated fruit juice	

UNIT 3

OBJECTIVE

The student will recognize and use metric equivalents.

- Given a metric unit, state an equivalent in a larger or smaller metric unit.

SUGGESTED TEACHING SEQUENCE

1. Make available the Information Sheets (3 - 8) and the associated Exercises (8 - 14), one at a time.
2. As soon as you have presented the Information, have the students complete each Exercise.
3. Check their answers on the page titled ANSWERS TO EXERCISES AND TEST.
4. Test performance by using Section B of "Testing Metric Abilities."

METRIC-METRIC EQUIVALENTS

Centimetres and Millimetres

Look at the picture of the nail next to the ruler. The nail is 57 mm long. This is 5 cm + 7 mm. There are 10 mm in each cm, so 1 mm = 0.1 cm (one-tenth of a centimetre). This means that 7 mm = 0.7 cm, so 57 mm = 5 cm + 7 mm
= 5 cm + 0.7 cm
= 5.7 cm. Therefore 57 mm is the same as 5.7 cm.

Now measure the paper clip. It is 34 mm. This is the same as 3 cm + _____mm. Since each millimetre is 0.1 cm (one-tenth of a centimetre), 4 mm = _____cm. So, the paper clip is 34 mm = 3 cm + 4 mm
= 3 cm + 0.4 cm
= 3.4 cm. This means that 34 mm is the same as 3.4 cm.

Information Sheet 3

Now you try some.

a) 26 mm = _____ cm
b) 583 mm = _____ cm
c) 94 mm = _____ cm
d) 680 mm = _____ cm
e) 132 mm = _____ cm
f) 802 mm = _____ cm
g) 1 400 mm = _____ cm
h) 2 307 mm = _____ cm

Exercise 8

Metres, Centimetres, and Millimetres

There are 100 centimetres in one metre. Thus,

2 m = 2 x 100 cm = 200 cm,
3 m = 3 x 100 cm = 300 cm,
8 m = 8 x 100 cm = 800 cm,
36 m = 36 x 100 cm = 3 600 cm.

There are 1 000 millimetres in one metre, so

2 m = 2 x 1 000 mm = 2 000 mm,
3 m = 3 x 1 000 mm = 3 000 mm,
6 m = 6 x 1 000 mm = 6 000 mm,
24 m = 24 x 1 000 mm = 24 000 mm.

From your work with decimals you should know that

one-half of a metre can be written 0.5 m (five-tenths of a metre),
one-fourth of a centimetre can be written 0.25 cm
(twenty-five hundredths of a centimetre).

This means that if you want to change three-fourths of a metre to millimetres, you would multiply by 1 000. So

$0.75 \text{ m} = 0.75 \times 1\,000 \text{ mm}$

$= \frac{75}{100} \times 1\,000 \text{ mm}$

$= 75 \times \frac{1\,000}{100} \text{ mm}$

$= 75 \times 10 \text{ mm}$

$= 750 \text{ mm}$. This means that 0.75 m = 750 mm.

Information Sheet 4

Fill in the following chart.

metre m	centimetre cm	millimetre mm
1	100	1 000
2	200	
3		
9		
		5 000
74		
0.8	80	
0.6		600
	2.5	25
		148
	639	

Exercise 9

THE CENTER FOR VOCATIONAL EDUCATION

Millilitres to Litres

There are 1 000 millilitres in one litre. This means that

2 000 millilitres is the same as 2 litres,
3 000 ml is the same as 3 litres,
4 000 ml is the same as 4 litres,
12 000 ml is the same as 12 litres.

Since there are 1 000 millilitres in each litre, one way to change millilitres to litres is to divide by 1 000. For example,

Or $1\,000 \text{ ml} = \frac{1\,000}{1\,000} \text{ litre} = 1 \text{ litre}.$

$2\,000 \text{ ml} = \frac{2\,000}{1\,000} \text{ litres} = 2 \text{ litres}.$

And, as a final example,

$28\,000 \text{ ml} = \frac{28\,000}{1\,000} \text{ litres} = 28 \text{ litres}.$

What if something holds 500 ml? How many litres is this? This is worked the same way.

$500 \text{ ml} = \frac{500}{1\,000} \text{ litre} = 0.5 \text{ litre}$ (five-tenths of a litre). So 500 ml is the same as one-half (0.5) of a litre.

Change 57 millilitres to litres.

$57 \text{ ml} = \frac{57}{1\,000} \text{ litre} = 0.057 \text{ litre}$ (fifty-seven thousandths of a litre).

Information Sheet 5

Now you try some. Complete the following chart.

millilitres (ml)	litres (l)
3 000	3
6 000	
	8
14 000	
	23
300	0.3
700	
	0.9
250	
	0.47
275	

Exercise 10

Litres to Millilitres

What do you do if you need to change litres to millilitres? Remember, there are 1 000 millilitres in one litre, or 1 litre = 1 000 ml.

So,

2 litres = 2 x 1 000 ml = 2 000 ml,
7 litres = 7 x 1 000 ml = 7 000 ml,
13 litres = 13 x 1 000 ml = 13 000 ml,
0.65 litre = 0.65 x 1 000 ml = 650 ml.

Information Sheet 6

Now you try some. Complete the following chart.

litres l	millilitres ml
8	8 000
5	
46	
	32 000
0.4	
0.53	
	480

Exercise 11

Grams to Kilograms

There are 1 000 grams in one kilogram. This means that

2 000 grams is the same as 2 kilograms,

5 000 g is the same as 5 kg,

700 g is the same as 0.7 kg, and so on.

To change from grams to kilograms, you use the same procedure for changing from millilitres to litres.

Information Sheet 7

Try the following ones.

grams g	kilograms kg
4 000	4
9 000	
23 000	
	8
300	
275	

Exercise 12

Kilograms to Grams

To change kilograms to grams, you multiply by 1 000.

4 kg = 4 x 1 000 g = 4 000 g,
23 kg = 23 x 1 000 g = 23 000 g,
0.75 kg = 0.75 x 1 000 g = 750 g.

Information Sheet 8

Complete the following chart.

kilograms kg	grams g
7	7 000
11	
	25 000
0.4	
0.63	
	175

Exercise 13

Changing Units at Work

Some of the things you use in this occupation may be measured in different metric units. Practice changing each of the following to metric equivalents by completing these statements.

a) 150 mm boning knife is _____ cm
b) 0.5 litre of concentrate is _____ ml
c) 2 m shelf is _____ cm
d) 500 g of sugar is _____ kg
e) 250 ml of vanilla is _____ l
f) 0.5 t of meat is _____ kg
g) 10 m of wrapping paper is _____ cm
h) 8 cm of freezer tape is _____ mm
i) 250 g of shortening is _____ kg
j) 40 cm roasting pan is _____ m
k) 960 ml of clam juice is _____ l
l) 10 cm diameter hamburger is _____ mm
m) 500 g of flour is _____ kg
n) 130 mm roast-beef knife is _____ cm
o) 0.25 litre curing solution is _____ ml
p) 1 000 kg of potatoes is _____ t

Exercise 14

UNIT 4

OBJECTIVE

The student will recognize and use instruments, tools, and devices for measurement tasks in this occupation.

- Given metric and Customary tools, instruments, or devices, differentiate between metric and Customary.
- Given a measurement task, select and use an appropriate tool, instrument or device.
- Given a metric measurement task, judge the metric quantity within 20% and measure within 2% accuracy.

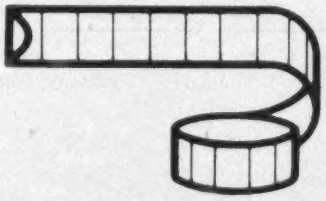
SUGGESTED TEACHING SEQUENCE

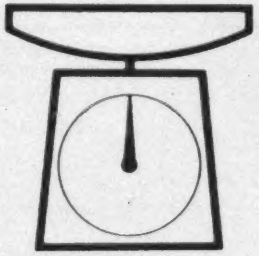
1. Assemble metric and Customary measuring tools and devices (rules, scales, °C thermometer, and measuring cups) and display at learning stations.
2. Have students examine metric tools and instruments for distinguishing characteristics and compare them with Customary tools and instruments.
3. Have students verbally describe characteristics.
4. Present or make available Information Sheet 9 and Temperature Visual located on page 30.
5. Mix metric and Customary tools or equipment at learning station. Give students the appropriate Exercises 15 and 16.
6. Test performance by using Section C of "Testing Metric Abilities."

SELECTING AND USING METRIC INSTRUMENTS , TOOLS AND DEVICES

Selecting an improper container or misreading a scale or recipe can result in an undesirable product. For example, using a quart measure instead of a litre measure when making filling for a lemon pie can cause lumps and too stiff a filling. Here are some suggestions:

1. Find out in advance whether Customary or metric units, tools, instruments, or products are needed for a given task.
2. Examine the utensil or equipment before using it.
3. The metric system is a decimal system. Look for units marked off in whole numbers, tens or tenths, hundreds or hundredths.
4. Look for metric symbols on the utensils or equipment, such as m, mm, kg, g, ml, l.
5. Look for decimal fractions (0.25) or decimal mixed fractions (2.50) rather than common fractions (1/2) on measuring cups, storage containers and pans.
6. Don't force whips, beaters, choppers, or parts of equipment which are not fitting properly.
7. Practice selecting and using utensils, instruments, and equipment.





WHICH TOOLS FOR THE JOB?

Practice and prepare to demonstrate your ability to *identify, select, and use* metric-scaled tools and instruments for the tasks given below. You should be able to use the measurement tools to the appropriate precision of the tool, instrument, or task.

Select and demonstrate or describe use of tools, instruments, or devices to:

1. Measure out a 400 gram portion of prime roast beef for a customer.
2. Determine the size of a steam table pan that will fit a shelf in the hot holding area.
3. Form a meatloaf mixture into a rectangle which is 30 cm x 60 cm.
4. Calculate the number of 10 cm x 10 cm servings you will be able to get from a steam table pan.
5. Measure and dilute luquid cleaner to be used in cleaning the preparation table.
6. Check proper temperatures in the refrigerator or french fryer.
7. Prepare a stew.
8. Determine the correct stock pot to hold 4 litres of soup.
9. Measure out the quantity of bread crumbs to be used as a topping.
10. Determine the capacity of a french fryer basket.
11. Find the capacity of a jello mold.

MEASURING UP IN COOKING

For the tasks below, estimate the metric measurement to within 20% of actual measurement, and verify the estimation by measuring to within 2% of actual measurement.

	Estimate	Verify
1. Select 2 kilograms of potatoes or other vegetables.		
2. Select a 30 cm diameter saute pan.		
3. Find the number of 10 cm x 10 cm servings you will get from a steam table pan.		
4. Space pork chops or other portions 3 cm apart on a pan.		
5. Measure the volume of cleaner to be mixed with water for cleaning the preparation table.		
6. Check proper temperature in the refrigerator or french fryer.		
7. Measure out a quantity of vegetables needed to make a soup recipe.		
8. Find the volume of food which can be prepared in a stock pot.		
9. Proper temperature for roasting meats and poultry.		
10. Determine the amount of oil needed to fill the french fryer.		
11. Measure out one kilogram of flour.		
12. Measure out one kilogram of salt or sugar.		
13. Cut or identify a 125 gram portion of meat.		

WHICH TOOLS FOR THE JOB?

Practice and prepare to demonstrate your ability to *identify, select, and use* metric-scaled tools and instruments for the tasks given below. You should be able to use the measurement tools to the appropriate precision of the tool, instrument, or task.

Select and demonstrate or describe use of tools, instruments, or devices to:

1. Measure out 2 kg of cookies for a customer.
2. Determine the size pan that will fill a shelf in the proof box.
3. Roll out dough into a rectangle which is 22 cm x 90 cm.
4. Calculate the number of 8 cm x 8 cm servings you will be able to get from a baking sheet.
5. Measure and dilute sanitizer to be used in cleaning the refrigerator.
6. Check proper temperature in the refrigerator or an area where dough is proofed.
7. Prepare and make a cookie recipe.
8. Determine the correct mixing bowl to hold 4 000 ml of frozen apple slices.
9. Measure out the quantity of baking powder to be used for making biscuits.
10. Determine the capacity of a storage container.

Exercise 15
(Baking)

MEASURING UP IN BAKING

For the tasks below, estimate the metric measurement to within 20% of actual measurement, and verify the estimation by measuring to within 2% of actual measurement.

	Estimate	Verify
1. Measure a quantity of salt which has a mass of 60 grams.		
2. Determine the cake pan size to hold a 60 cm diameter layer cake.		
3. Find the number of 8 cm x 8 cm servings you will get from a baking sheet.		
4. Space cookies 5 cm apart.		
5. Measure the volume of sanitizer to be mixed with water for cleaning the refrigerator.		
6. Check the proper temperature in the refrigerator or area where dough is proofed.		
7. Measure out a quantity of flour needed to make a cookie recipe.		
8. Find the volume of a mixing bowl.		
9. Prepare hot water at the proper temperature for dissolving granulated yeast.		
10. Find the capacity of a storage area.		
11. Slice a loaf of bread into 8 ml slices.		

Exercise 16
(Baking)

WHICH TOOLS FOR THE JOB?

Practice and prepare to demonstrate your ability to *identify, select, and use* metric-scaled tools and instruments for the tasks given below. You should be able to use the measurement tools to the appropriate precision of the tool, instrument, or task.

Select and demonstrate or describe use of tools, instruments, or devices to:

1. Measure out a 3.5 kg roast for a customer.
2. Cut a steak with a standard length "tail" of 7.5 cm.
3. Tie a rolled roast at approximately 5 cm intervals.
4. Calculate the number of 170 gram chops or steaks you will be able to get from a loin.
5. Measure and dilute sanitizer to be used in cleaning the work area.
6. Check for proper temperatures in the refrigerator or dry storage area.
7. Prepare curing solution.
8. Select the correct mixing bowl to hold 6 000 ml of water.
9. Measure out an 85 gram portion of meat.
10. Slice or cut a 2.5 cm thick piece of meat.
11. Cut a m^2 piece of paper to be used for wrapping primal cuts of meat.

MEASURING UP IN MEAT CUTTING

For the tasks below, estimate the metric measurement to within 20% of actual measurement, and verify the estimation by measuring to within 2% of actual measurement.

	Estimate	Verify
1. Measure out 0.5 kg of sliced bacon.		
2. Find diameter of a tenderloin muscle.		
3. Tie a rolled roast at 5 cm intervals.		
4. Cut 170 gram chops or steaks from a loin.		
5. Measure the volume of sanitizer to be mixed with water for cleaning the work area.		
6. Set proper operating temperature in the smoke house.		
7. Measure the amount of textured vegetable protein granules to make 2.5 kg of 50% ground meat mixture.		
8. Select the correct mixing bowl to hold 6 000 ml of water.		
9. Find how many slices of luncheon meat 2 mm thick can be cut from 1 kg.		
10. Slice or cut a 2.5 cm thick piece of meat.		

UNIT 5

OBJECTIVE

The student will recognize and use metric and Customary units interchangeably in ordering, selling, and using products and supplies in this occupation.

- Given a Customary (or metric) measurement, find the metric (or Customary) equivalent on a conversion table.
- Given a Customary unit, state the replacement unit.

SUGGESTED TEACHING SEQUENCE

1. Assemble packages and containers of materials.
2. Present or make available Information Sheet 10 and Table 3.
3. Have students find approximate metric-Customary equivalents by using Exercise 17.
4. Test performance by using Section D of "Testing Metric Abilities."

METRIC-CUSTOMARY EQUIVALENTS

During the transition period there will be a need for finding equivalents between systems. Conversion tables list calculated equivalents between the two systems. When a close equivalent is needed, a conversion table can be used to find it. Follow these steps:

1. Determine which conversion table is needed.
2. Look up the known number in the appropriate column; if not listed, find numbers you can add together to make the total of the known number.
3. Read the equivalent(s) from the next column.

Table 3 on the next page gives an example of a metric-Customary conversion table which you can use for practice in finding approximate equivalents. Table 3 can be used with Exercise 17, Part 2 and Part 3.

Below is a table of metric-Customary equivalents which tells you what the metric replacements for Customary units are.* This table can be used with Exercise 17, Part 1 and Part 3. The symbol ≈ means "nearly equal to."

1 cm ≈ 0.39 inch	1 inch ≈ 2.54 cm	1 ml ≈ 0.2 tsp	1 tsp ≈ 5 ml
1 m ≈ 3.28 feet	1 foot ≈ 0.305 m	1 ml ≈ 0.07 tbsp	1 tbsp ≈ 15 ml
1 m ≈ 1.09 yards	1 yard ≈ 0.91 m	1 l ≈ 33.8 fl oz	1 fl oz ≈ 29.6 ml
1 km ≈ 0.62 mile	1 mile ≈ 1.61 km	1 l ≈ 4.2 cups	1 cup ≈ 237 ml
1 cm^2 ≈ 0.16 sq in	1 sq in ≈ 6.5 cm^2	1 l ≈ 2.1 pts	1 pt ≈ 0.47 l
1 m^2 ≈ 10.8 sq ft	1 sq ft ≈ 0.09 m^2	1 l ≈ 1.06 qt	1 qt ≈ 0.95 l
1 m^2 ≈ 1.2 sq yd	1 sq yd ≈ 0.8 m^2	1 l ≈ 0.26 gal	1 gal ≈ 3.79 l
1 hectare ≈ 2.5 acres	1 acre ≈ 0.4 hectare	1 gram ≈ 0.035 oz	1 oz ≈ 28.3 g
1 cm^3 ≈ 0.06 cu in	1 cu in ≈ 16.4 cm^3	1 kg ≈ 2.2 lb	1 lb ≈ 0.45 kg
1 m^3 ≈ 35.3 cu ft	1 cu ft ≈ 0.03 m^3	1 metric ton ≈ 2205 lb	1 ton ≈ 907.2 kg
1 m^3 ≈ 1.3 cu yd	1 cu yd ≈ 0.8 m^3	1 kPa ≈ 0.145 psi	1 psi ≈ 6.895 kPa

*Adapted from *Let's Measure Metric. A Teacher's Introduction to Metric Measurement.* Division of Educational Redesign and Renewal, Ohio Department of Education, 65 S. Front Street, Columbus, OH 43215, 1975.

Information Sheet 10

CONVERSION TABLES

GRAM TO OUNCE

g	oz.	g	oz.	g	oz.
100	3.53	10	0.35	1	0.04
200	7.05	20	0.71	2	0.07
300	10.58	30	1.06	3	0.11
400	14.11	40	1.41	4	0.14
500	17.64	50	1.76	5	0.18
600	21.16	60	2.12	6	0.21
700	24.70	70	2.47	7	0.25
800	28.22	80	2.82	8	0.28
900	31.75	90	3.17	9	0.32
1000	35.27				

OUNCE TO GRAM

oz.	g	oz.	g
10	283	1	28
20	567	2	57
30	850	3	85
40	1134	4	113
50	1417	5	142
60	1701	6	170
70	1984	7	198
80	2268	8	227
90	2551	9	255

CULINARY MEASURES TO METRIC (APPROXIMATE)

Ounces (fluid)	Millilitres
1/6 (1 tsp.)	5
1/2 (1 Tbs.)	15
1	30
2 (1/4 cup)	60
3	90
4 (1/2 cup)	120
5	150
6 (3/4 cup)	180
7	210
8 (1 cup)	240
16 (2 cups = 1 pint)	480
24 (3 cups)	720
32 (4 cups = 1 quart)	950 (0.95 l)
64 (8 cups = 1/2 gallon)	1950 (1.9 l)
128 (16 cups = 1 gallon)	3800 (3.8 l)

KILOGRAM TO POUND

kg	lb.	kg	lb.
10	22.0	1	2.2
20	44.1	2	4.4
30	66.1	3	6.6
40	88.2	4	8.8
50	110.2	5	11.0
60	132.3	6	13.2
70	154.3	7	15.4
80	176.4	8	17.6
90	198.4	9	19.8
100	220.5		

POUND TO KILOGRAM

lb.	kg	lb.	kg
10	4.5	1	0.5
20	9.1	2	0.9
30	13.6	3	1.4
40	18.1	4	1.8
50	22.7	5	2.3
60	27.2	6	2.7
70	31.8	7	3.2
80	36.3	8	3.6
90	40.8	9	4.1
100	45.4		

MILLILITRES TO FLUID OUNCES

ml	fl. oz.	ml	fl. oz.	ml	fl. oz.
100	3.4	10	.3	1	.03
200	6.8	20	.7	2	.07
300	10.1	30	1.0	3	.10
400	13.4	40	1.4	4	.14
500	16.9	50	1.7	5	.17
600	20.3	60	2.0	6	.20
700	23.7	70	2.4	7	.24
800	27.1	80	2.7	8	.27
900	30.4	90	3.0	9	.30

5 ml (4.9 ml) = 1 teaspoon
15 ml (14.8 ml) = 1 tablespoon

FLUID OUNCES TO MILLILITRES

fl. oz.	ml	fl. oz.	ml	fl. oz.	ml
10	295.7	1	29.6	.10	3
20	591.5	2	59.2	.2	6
30	887.2	3	88.7	.3	9
40	1182.9	4	118.3	.4	12
50	1478.7	5	147.9	.5	15
60	1774.4	6	177.4	.6	18
70	2070.2	7	207.0	.7	21
80	2365.9	8	236.6	.8	24
90	2661.6	9	266.2	.9	27

1 teaspoon = 5 ml (4.9 ml)
1 tablespoon = 15 ml (14.8 ml)

ANY WAY YOU WANT IT

1. You are working in a food service operation as the assistant chef. With the change to metric measurement some of the things you order, sell or use are marked only in metric units. You will need to be familiar with appropriate Customary equivalents in order to communicate with customers and suppliers who use Customary units. To develop your skill use the Table on Information Sheet 10 and give the approximate metric quantity (both number and unit) for each of the following Customary quantities.

	Customary Quantity	Metric Quantity
a)	5 lbs. of hamburger	
b)	4 qts. of Hollandaise sauce	
c)	3/4 in. thick pork chop	
d)	18 in. piano whip	
e)	10 lbs. of frozen egg yolks	
f)	8 tablespoons	
g)	5 oz. of sliced beef	
h)	1/2 c. of cooked vegetable	
i)	2 in. by 2 in. petits fours	
j)	100 lbs. of flour	
k)	2 fl. oz. of cleaner	
l)	4 in. slice of cake	
m)	1 gal. of mayonnaise	
n)	1 pt. of vanilla	
o)	8 fl. oz. glass	

2. Use the conversion tables from Table 3 to convert the following:

a) 12 oz. _____ g
b) 30 g _____ oz.
c) 16 fl. oz. _____ ml
d) 2 lbs. _____ kg
e) 5 kg _____ lbs.
f) 1/2 cup _____ ml
g) 3.8 litres _____ cups
h) 180 ml _____ fluid oz.

3. Complete the Requisition Form using the items listed. Convert the Customary quantities to metric before filling out the form. Complete all the information (Date, For, Job No., etc.).

Order the following food supplies:
a) 12 - 12 pound hams
b) 10 pounds of hamburger patties
c) 1 case of 24 eight ounce water glasses
d) 12 gallons of milk
e) 20 pounds of sugar
f) 1 quart of vanilla

REQUISITION

Date _____

For _____

_____

Job No. _____ Date Wanted _____

Deliver to _____

QTY	UNIT	ITEM

Requested by _____

Approved by _____

SECTION A

1. One kilogram is about the mass of a:

   [A] nickel

   [B] apple seed

   [C] basketball

   [D] Volkswagen "Beetle"

2. A square metre is about the area of:

   [A] this sheet of paper

   [B] a card table top

   [C] a bedspread

   [D] a postage stamp

3. Measurement of the dry ingredients for bakery products are usually given in:

   [A] litres

   [B] kilograms

   [C] metres

   [D] Celsius

4. Fluid milk used for making bisquits is measured in:

   [A] millilitres

   [B] centimetres

   [C] pascals

   [D] Celsius

5. Temperature for storage, cooking, and baking are measured in:

   [A] pascals

   [B] degrees Celsius

   [C] centimetres

   [D] millilitres

6. Thickness of cuts of meat are measured in:

   [A] kilograms

   [B] cubic metres

   [C] millilitres

   [D] centimetres

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7. The correct way to write twenty grams is:

   [A] 20 gms

   [B] 20 Gm.

   [C] 20 g.

   [D] 20 g

8. The correct way to write twelve thousand millimetres is:

   [A] 12.000 mm.

   [B] 12.000 mm

   [C] 12 000mm

   [D] 12 000 mm

SECTION B

9. A knife blade 20 centimetres long is the same as:

   [A] 0.2 millimetre

   [B] 200 millimetres

   [C] 2 millimetres

   [D] 2 000 millimetres

10. A 454 gram rib steak is the same as:

    [A] 4.54 kilograms

    [B] 454 000 kilograms

    [C] 0.454 kilogram

    [D] 4 540 kilograms

SECTION C

11. For measuring millilitres you would use a:

    [A] ruler

    [B] measuring cup

    [C] scale

    [D] pressure gage

12. For measuring kilopascals you would use a:

    [A] scale

    [B] ruler

    [C] measuring cup

    [D] pressure gage

13. For measuring grams you would use a:

    [A] measuring cup

    [B] scale

    [C] pressure gage

    [D] ruler

14. Estimate the length of the line segment below:

    [A] 23 grams

    [B] 6 centimetres

    [C] 40 millimetres

    [D] 14 pascals

15. Estimate the length of the line segment below:

    [A] 10 millimetres

    [B] 4 centimetres

    [C] 4 pascals

    [D] 23 milligrams

SECTION D

16. The metric unit which replaces the fluid ounce is:

    [A] millilitre

    [B] metre

    [C] litre

    [D] gram

17. The metric unit which replaces the pound is:

    [A] centimetre

    [B] millilitre

    [C] kilogram

    [D] gram

18. The metric unit which replaces the gallon is:

    [A] gram

    [B] litre

    [C] millilitre

    [D] centimetre

19. The metric unit which replaces the dry ounce is:

    [A] millilitre

    [B] litre

    [C] gram

    [D] centimetre

Use this conversion table to answer questions 20 and 21.

ml	fl. oz.	ml	fl. oz.
100	3.4	10	.3
200	6.8	20	.7
300	10.1	30	1.0
400	13.5	40	1.4
500	16.9	50	1.7
600	20.3	60	2.0
700	23.7	70	2.4
800	27.1	80	2.7
900	30.4	90	3.0
1000	33.8		

20. The equivalent for 750 ml is:

    [A] 25.4 fl. oz.

    [B] 237 fl. oz.

    [C] 750 fl. oz.

    [D] 23.7 fl. oz.

21. The equivalent for 180 ml is:

    [A] 3.4 fl. oz.

    [B] 180 fl. oz.

    [C] 6.1 fl. oz.

    [D] 32 fl. oz.

Use this conversion table to answer questions 22 and 23.

g	oz.	g	oz.
100	3.53	10	0.35
200	7.05	20	0.71
300	10.58	30	1.06
400	14.11	40	1.41
500	17.64	50	1.76
600	21.16	60	2.12
700	24.70	70	2.47
800	28.22	80	2.82
900	31.75	90	3.17
1000	35.27		

22. The equivalent for 450 g is:

    [A] 12.00 oz.

    [B] 0.45 oz.

    [C] 45.00 oz.

    [D] 15.87 oz.

23. The equivalent for 910 g is:

    [A] 32.1 oz.

    [B] 45.0 oz.

    [C] 31.75 oz.

    [D] 450 oz.

ANSWERS TO EXERCISES AND TEST

EXERCISES 1 THRU 6

The answers depend on the items used for the activities.

EXERCISE 7

Currently accepted metric units of measurement for each question are shown in Table 2. Standards in each occupation are being established now, so answers may vary.

EXERCISE 8

a)	2.6 cm	e)	13.2 cm
b)	58.3 cm	f)	80.2 cm
c)	9.4 cm	g)	140.0 cm
d)	68.0 cm	h)	230.7 cm

EXERCISES 9 THRU 13

Tables are reproduced in total. Answers are in parentheses.

Exercise 9

metre m	centimetre cm	millimetre mm
1	100	1 000
2	200	(2 000)
3	(300)	(3 000)
9	(900)	(9 000)
(5)	(500)	5 000
74	(7 400)	(74 000)
0.8	80	(800)
0.6	(60)	600
(0.025)	2.5	25
(0.148)	(14.8)	148
(6.39)	639	(6 390)

Exercise 10

millilitres ml	litres l
3 000	3
6 000	(6)
(8 000)	8
(14 000)	(14)
(23 000)	23
300	0.3
700	(0.7)
(900)	0.9
250	(0.25)
(470)	0.47
275	(0.275)

Exercise 11

litres l	millilitres ml
8	8 000
5	(5 000)
46	(46 000)
(32)	32 000
0.4	(400)
0.53	(530)
(0.48)	480

Exercise 12

grams g	kilograms kg
4 000	4
9 000	(9)
23 000	(23)
(8 000)	8
300	(0.3)
275	(0.275)

Exercise 13

kilograms kg	grams g
7	7 000
11	(11 000)
(25)	25 000
0.4	(400)
0.63	(630)
(0.175)	175

Exercise 14

a)	15 cm	i)	0.25 kg
b)	500 ml	j)	0.4 m
c)	200 cm	k)	0.96 litre
d)	0.5 kg	l)	100 mm
e)	0.25 litre	m)	0.5 kg
f)	500 kg	n)	13 cm
g)	1 000 cm	o)	250 ml
h)	80 mm	p)	1 t

EXERCISES 15 AND 16

The answers depend on the items used for the activities.

EXERCISE 17

Part 1.

a)	2.25 kg	i)	5.08 cm by 5.08 cm
b)	3.8 litres		
c)	1.905 cm	j)	45 kg
d)	45.72 cm	k)	59.2 ml
e)	4.5 kg	l)	10.16 cm
f)	120 ml	m)	3.79 litres
g)	141.5 g	n)	0.47 litre
h)	118.5 ml	o)	236.8 ml

Part 2.

a) 340 g
b) 1.06 oz.
c) 473.1 ml
d) 0.9 kg
e) 11 lbs.
f) 120 ml
g) 16 cups
h) 6.1 fl. oz.

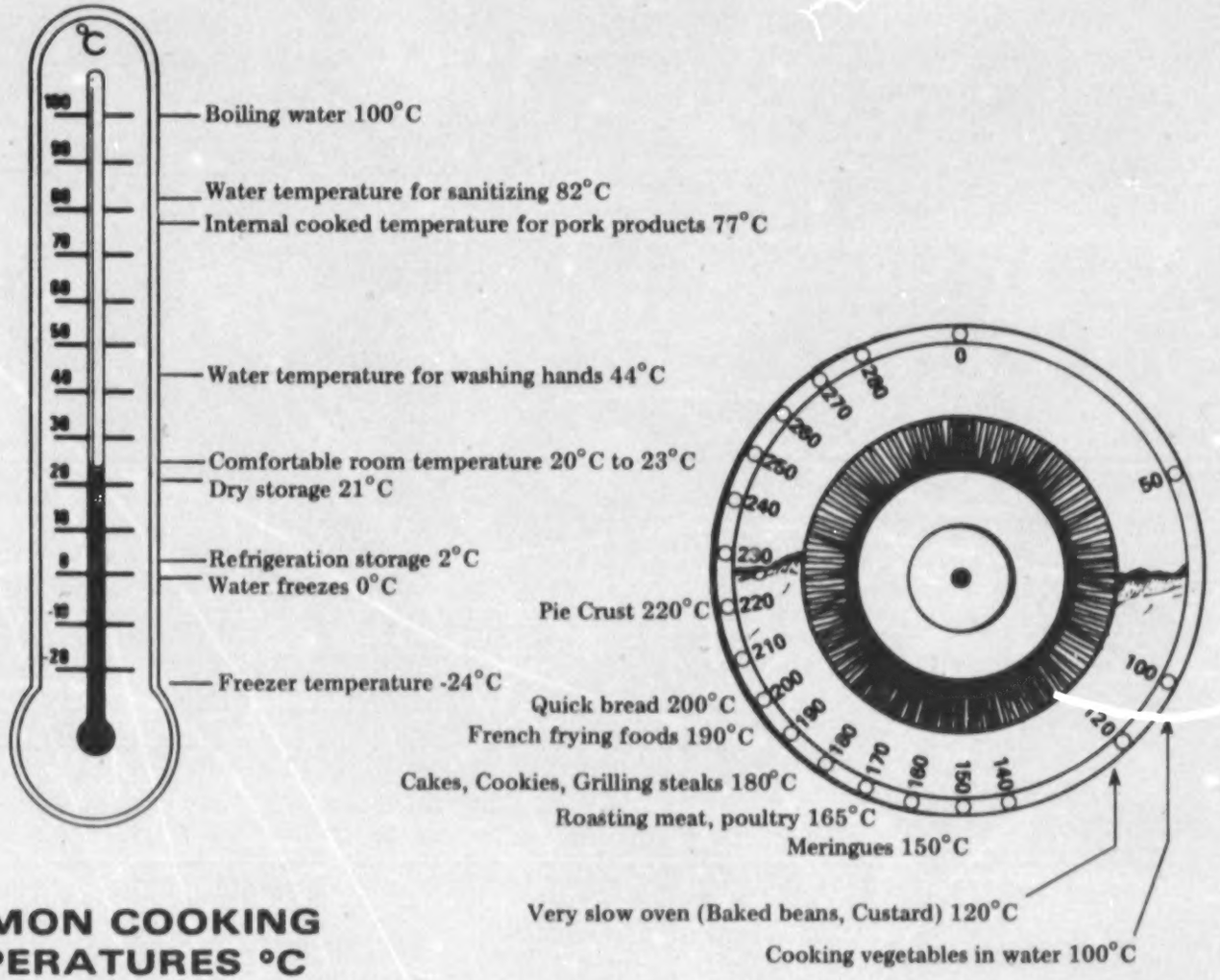
Part 3.

a) 5.4 kg
b) 4.5 kg
c) 240 ml
d) 45.6 litres
e) 9 kg
f) 0.95 litre

TESTING METRIC ABILITIES

1.	C	9.	B	17.	C
2.	B	10.	C	18.	B
3.	B	11.	B	19.	C
4.	A	12.	D	20.	A
5.	B	13.	B	21.	C
6.	D	14.	B	22.	D
7.	D	15.	A	23.	A
8.	D	16.	A		

TEMPERATURE


°C
Boiling water 100°C
Water temperature for sanitizing 82°C
Internal cooked temperature for pork products 77°C
Water temperature for washing hands 44°C
Comfortable room temperature 20°C to 23°C
Dry storage 21°C
Refrigeration storage 2°C
Water freezes 0°C
Freezer temperature -24°C
Pie Crust 220°C
Quick bread 200°C
French frying foods 190°C
Cakes, Cookies, Grilling steaks 180°C
Roasting meat, poultry 165°C
Meringues 150°C
Very slow oven (Baked beans, Custard) 120°C
Cooking vegetables in water 100°C

COMMON COOKING TEMPERATURES °C

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Visual 1

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SUGGESTED METRIC TOOLS AND DEVICES NEEDED TO COMPLETE MEASUREMENT TASKS IN EXERCISES 1 THROUGH 5

(* Optional)

LINEAR

- Metre Sticks
- Rules, 30 cm
- Measuring Tapes, 150 cm
- *Height Measure
- *Metre Tape, 10 m
- *Trundle Wheel
- *Area Measuring Grid

VOLUME/CAPACITY

- *Nesting Measures, set of 5, 50 ml - 1 000 ml
- Economy Beaker, set of 6, 50 ml - 1 000 ml
- Metric Spoon, set of 5, 1 ml - 25 ml
- Dry Measure, set of 3, 50, 125, 250 ml
- Plastic Litre Box
- Centimetre Cubes

MASS

- Bathroom Scale
- *Kilogram Scale
- *Platform Spring Scale
  - 5 kg Capacity
  - 10 kg Capacity
- Balance Scale with 8-piece mass set
- *Spring Scale, 6 kg Capacity

TEMPERATURE

- Celsius Thermometer

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SUGGESTED METRIC TOOLS AND DEVICES NEEDED TO COMPLETE OCCUPATIONAL MEASUREMENT TASKS

In this occupation the tools needed to complete Exercises 6, 15, and 16 are indicated by "★."

- A. Assorted Metric Hardware—Hex nuts, washers, screws, cotter pins, etc.
- B. Drill Bits—Individual bits or sets, 1 mm to 13 mm range
- C. Vernier Caliper—Pocket slide type, 120 mm range
- D. Micrometer—Outside micrometer caliper, 0 mm to 25 mm range
- E. Feeler Gage—13 blades, 0.05 mm to 1 mm range
- F. Metre Tape—50 or 100 m tape
- G. Thermometers—Special purpose types such as a clinical thermometer
- ★ H. [1] Temperature Devices—Indicators used for ovens, freezing/cooling systems, etc.
- I. Tools—Metric open end or box wrench sets, socket sets, hex key sets
- J. Weather Devices—Rain gage, barometer, humidity, wind velocity indicators
- K. [1] Pressure Gages—Tire pressure, air, oxygen, hydraulic, fuel, etc.
- L. [1] Velocity—Direct reading or vane type meter
- M. Road Map—State and city road maps
- ★ N. Containers—Buckets, plastic containers, etc., for mixing and storing liquids
- ★ O. Containers—Boxes, buckets, cans, etc., for mixing and storing dry ingredients

Most of the above items may be obtained from local industrial, hardware, and school suppliers. Also, check with your school district's math and science departments and/or local industries for loan of their metric measurement devices.

[1] Measuring devices currently are not available. Substitute devices (i.e., thermometer) may be used to complete the measurement task.

(E COS 765

REFERENCES

Implementing the Metric System in Hospital Food Preparation, by Dorieth Rose and Elizabeth M. Frakes. *Journal of the American Dietetic Association*, v67, October 1975, pages 351-2.

Article describing the conversion of recipes, conversion of equipment used for weighing and measuring, and training of employees in the use of converted recipes and equipment at the University of Kansas Medical Center.

Let's Measure Metric. A Teacher's Introduction to Metric Measurement. Division of Educational Redesign and Renewal, Ohio Department of Education, 65 S. Front Street, Columbus, OH 43215, 1975, 80 pages; $1.50, must include check to state treasurer.

Activity-oriented introduction to the metric system designed for independent or group inservice education study. Introductory information about metric measurement; reproducible exercises apply metric concepts to common measurement situations; laboratory activities for individuals or groups. Templates for making metre tape, litre box, square centimetre grid.

Measuring with Meters, or, How to Weigh a Gold Brick with a Meter-Stick. Metrication Institute of America, P.O. Box 236, Northfield, IL 60093, 1974, 23 min., 16 mm, sound, color; $310.00 purchase, $31.00 rental.

Film presents units for length, area, volume and mass, relating each unit to many common objects. Screen overprints show correct use of metric symbols and ease of metric calculations. Relationships among metric measures of length, area, volume, and mass are illustrated in interesting and unforgettable ways.

Metric Education, An Annotated Bibliography for Vocational, Technical and Adult Education. Product Utilization, The Center for Vocational Education, The Ohio State University, Columbus, OH 43210, 1974, 149 pages; $10.00.

Comprehensive bibliography of instructional materials, reference materials and resource list for secondary, post-secondary, teacher education, and adult basic education. Instructional materials indexed by 15 occupational clusters, types of materials, and educational level.

Metric Education, A Position Paper for Vocational, Technical and Adult Education. Product Utilization, The Center for Vocational Education, The Ohio State University, Columbus, OH 43210, 1975, 46 pages; $3.00.

Paper for teachers, curriculum developers, and administrators in vocational, technical and adult education. Covers issues in metric education, the metric system, the impact of metrication on vocational and technical education, implications of metric instruction for adult basic education, and curriculum and instructional strategies.

Metrics in the Kitchen, by Mary Darling. Agricultural Extension Service, 1974, Bulletin Room, 1 Coffey Hall, University of Minnesota, St. Paul, MN 55108, 4 pages, $.10, paper, 10% discount for 100 or more copies.

Brochure on future applications of metric for food preparation in the home. Positive and practical approach. Describe five stages toward individual adoption of metrics. Discusses limited effects of metrication on food preparation, temperature, nutrition, and food shopping. Presents six basic metric units, conversion table for cooking temperatures, and metric-customary conversion table.

Metrication . . . Its Effect on Food Preparation, by Charlotte Raye Walker. *American Metric Journal*, v2 n4, page 361, July/August 1974.

Article describing independent study on metrication in food preparation for consumer and homemaking reference. Describes implications for liquid and dry measurement, measuring spoons, oven and range temperature conversions, and conversion of recipes. Editor notes author has coined some terms not considered "standard."

METRIC SUPPLIERS

Dick Blick Company, P.O. Box 1267, Galesburg, IL 61401

Instructional quality rules, tapes, metre sticks, cubes, height measures, trundle wheels, measuring cups and spoons, personal scales, gram/kilogram scales, feeler and depth gages, beakers, thermometers, kits and other aids.

Ohaus Scale Corporation, 29 Hanover Road, Florham Park, NJ 07932

Instructional quality and precision balances and scales, plastic calipers and stackable gram cubes for beginners.

INFORMATION SOURCES

American Home Economics Association, 2010 Massachusetts Ave., N.W., Washington, D C 20036

Information on the metric system, reports, and pamphlets. Name and address of metric contact person in most states.

American National Metric Council, 1625 Massachusetts Avenue, N.W., Washington, D C 20036

Charts, posters, reports and pamphlets, *Metric Reporter* newsletter. National metric coordinating council representing industry, government, education, professional and trade organizations.

Association of Home Appliance Manufacturers, 20 North Wacker Drive, Chicago, IL 60606

Trade association developing product standards, the use of measurement units, metric practices, and coordinating the metric changeover in the appliance industry.

National Bureau of Standards, Office of Information Activities, U.S. Department of Commerce, Washington, D C 20234.

Free and inexpensive metric charts and publications, also lends films and displays.